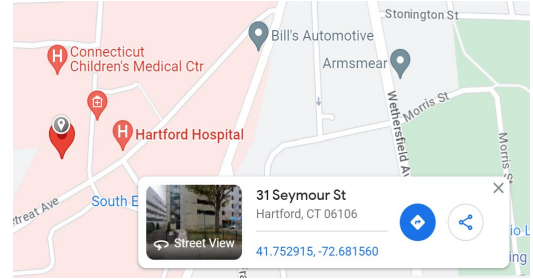




**Directions to
Integrated Anesthesia Associates Pain Management
31 Seymour Street, Suite 201
Hartford, CT 06106
Phone: (860) 430-2176**



From the West on I-84:

- Take I-84 East to Hartford.
- Take the "Capitol Avenue" exit, 48B. At the end of the exit ramp, turn left onto Capitol Ave.
- Turn right at the second traffic light onto Washington ST. Continue South about 1 mile.
- Turn left onto Retreat Avenue. You MUST enter from Retreat Ave, which is not a full cross street.
- At the traffic light, turn left onto Seymour Street. Parking is available in front of the building and garage.
- 31 Seymour Street, Suite 201, Hartford, CT 06106

From the East on I-84:

- Take I-84 West to Hartford.
- Take the "Downtown Hartford" exit, 54 (a left-hand exit) over Founders Bridge.
- At the bottom of the bridge, turn left onto Columbus Boulevard, traveling past the Convention Center and across the Columbus Boulevard Bridge.
- Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllys St.).
- At the fifth traffic light, turn left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. You MUST enter from Retreat Ave, which is not a full cross street.
- At the traffic light, turn right onto Seymour Street. Parking is available in front of the building and garage.
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From the North on I-91:

- Take I-91 South to Hartford.
- Take the "Capitol Area" exit 29A. Keep in the right lane.
- Take the first exit (Columbus Boulevard/Convention Center). Turn left at the end of the exit.
- Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllys St).
- At the fifth traffic light, go left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. You MUST enter from Retreat Ave, which is not a full cross street.
- At the traffic light, turn right onto Seymour Street. Parking is available in front of the building and garage.
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From the South on I-91:

- Take I-91 North to Hartford.
- Follow the "Capitol Area" signs to exit 29A (a left-hand exit).
- Move immediately to the right lane and take the first exit (Columbus Boulevard/Convention Center). Turn left at the end of the exit.
- Continue through five (5) traffic lights (Columbus Blvd. will curve west and uphill, becoming Wyllys St).
- At the fifth traffic light, go left onto Maple Avenue, followed by an immediate right onto Retreat Avenue. You MUST enter from Retreat Ave, which is not a full cross street.
- At the traffic light, turn right onto Seymour Street. Parking is available in front of the building and garage.
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Coming from Route 2 (Norwich Area):

- Follow Route 2 West to exit 5D onto Route 3 South. Cross over the Putnam Bridge.
- Take the exit on the right for I-91 North. Follow the instructions above "*From the South on I-91*".